

1 Claims

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3 1. A weight belt dimensioned and configured for wear on the waist of a user which  
4 comprises:

5  
6 a band having first and second axial extremities and first and second sides;

7  
8 first latching means disposed on said first axial extremity on said first side;

9  
10 second latching means disposed on said second axial extremity on said second side,  
11 said first and second latching means being dimensioned and configured for mating  
12 engagement with said second side overlapping said first side;

13  
14 said belt including a plurality of pockets of substantially uniform size and shape uniform  
15 on said second side, each of said pockets, when said belt is installed on the waist of a  
16 user, being substantially equidistant from each adjacent other pocket throughout the  
17 entire circumference of the torso of the user.

18  
19 2. The belt as described in claim 1 further including:

20  
21 a plurality of discrete weights each having a substantially identical shape and weight,  
22 each weight being dimensioned and configured for insertion into respective pockets.

23  
24 3. The belt as described in claim 2 wherein:

25 each of said plurality of pockets of substantially uniform size and shape is elongated.

26  
27 4. The belt as described in claim 3 wherein:

28 said belt has a centerline and each of said plurality of pockets of substantially uniform  
29 size and shape is elongated in a direction that is substantially perpendicular to said  
30 centerline.

1 5. The belt as described in claim 2 wherein:

2 each of said plurality of pockets of substantially uniform size and shape and each of  
3 said discrete weights each having a substantially identical shape and weight are  
4 dimensioned and configured for snug engagement between respective pockets and  
5 weights.

6  
7 6. The belt as described in claim 4 wherein:

8 each of said plurality of pockets has substantially uniform size and shape and each of  
9 said discrete weights each having a substantially identical shape and weight are  
10 dimensioned and configured for snug engagement between respective pockets and  
11 weights.

12  
13 7. The belt as described in claim 1 wherein:

14 said first latching means and said second latching means are selected from the group consisting  
15 of hook and loop elements.

16  
17 8. The belt as described in claim 2 wherein:

18 said first latching means and said second latching means are selected from the group consisting  
19 of hook and loop elements.

20  
21 9. The belt as described in claim 3 wherein:

22 said first latching means and said second latching means are selected from the group consisting  
23 of hook and loop elements.

24  
25 10. The belt as described in claim 4 wherein:

26 said first latching means and said second latching means are selected from the group consisting  
27 of hook and loop elements.

28  
29 11. The belt as described in claim 5 wherein:

30 said first latching means and said second latching means are selected from the group consisting  
31 of hook and loop elements.

32  
33 In that

1 12. The belt as described in claim 6 wherein:

2 said first latching means and said second latching means are selected from the group consisting  
3 of hook and loop elements.  
4

5 13. The belt as described in claim 12 further including:

6 a loop dimensioned and configured for receiving personal items to be carried by the user.  
7

8 14. The belt as described in claim 13 further including:

9 a reflective strip extending around a major part of the belt.  
10

11 15. The belt as described in claim 2 wherein:

12 each of said plurality of discrete weights includes a bore.  
13

14 16. The belt as described in claim 3 wherein:

15 each of said plurality of discrete weights includes a central bore that is coaxial therewith.  
16

17 17. The belt as described in claim 4 wherein:

18 each of said plurality of discrete weights includes a central bore that is coaxial therewith.  
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20 18. The belt as described in claim 5 wherein:

21 each of said plurality of discrete weights includes a central bore that is coaxial therewith.  
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23 19. The belt as described in claim 6 wherein:

24 each of said plurality of discrete weights includes a central bore that is coaxial therewith.  
25

26 20. The belt as described in claim 7 wherein:

27 each of said plurality of discrete weights includes a central bore that is coaxial therewith.  
28

29 21. The belt as described in claim 1 further including:

30 a pocket on the outer face thereof dimensioned and configured for receiving small personal items  
31 such as coins and keys.  
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